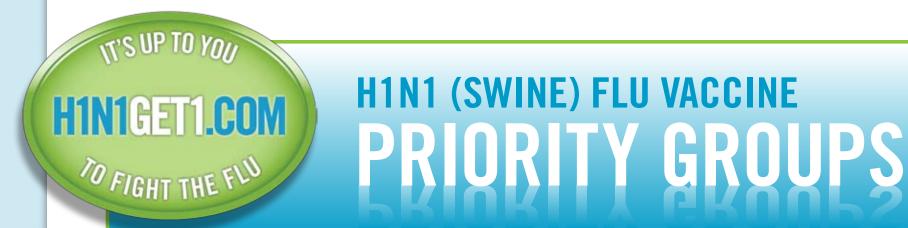
Who Should Be The First To Get The H1N1 Vaccination?

The Centers For Disease Control and Prevention (CDC) and the Virginia Department of Health (VDH) recommend that the following groups be first in line as the H1N1 flu vaccine becomes available:

- Pregnant women
- Those who live with or care for infants younger than six months of age (i.e., parents, siblings, daycare providers)
- Health care and EMS personnel
- Those six months through 24 years of age
- People 25-64 years of age with underlying medical conditions

Not in any of these groups? We still urge you to visit a vaccine clinic in mid-November when the vaccine becomes available to the general public.





Is The Nasal Flu Vaccine For You?

The H1N1 flu vaccine is approved in a nasal spray form for those 2 through 49 years of age, unless you're pregnant or have an underlying medical condition.

The H1N1 nasal spray vaccine is recommended for healthy people who are:

- 2 through 24 years of age
- 25 through 49 years of age, living with or caring for infants younger than six months of age
- 25 through 49 years of age and are health care and medical services personnel

